

DBT Training Australia Foundational training

DBT Foundational training is a comprehensive program of study for individual therapists or skills trainers who are members of an intensively trained DBT consultation team and have not completed DBT Intensive training themselves. It is designed to assist teams who have hired new staff or experienced turnover to get trained in a 5-day training that covers the standard content of DBT.

As the first week of the intensive is substantially the same as the foundational content, we are able to combine these trainings into one event where foundational participants attend just Part 1 of this intensive, i.e., the first week (5 days). It includes 4 hours of content specific to risk assessment, management, and treatment of suicidal behaviours. Lecture, video, demonstration, and practice will be used to teach DBT theory and strategies in depth.

We are taking Expressions of Interest from people who are part of intensively trained DBT teams who would like to attend DBT foundational training (consisting of attending the first week of the intensive). You can [contact us](#) to register your expression of interest for the Foundational training. *Please advise when your team was intensively trained and who provided the training.* We will get back to you 2 months before the training to confirm whether we have a place available for you or not.

Prerequisites

The training requires that:

- 1) participants work in an active DBT program that has been established in conjunction with a recognized comprehensive DBT training (minimum 10 full days of training including a focus on implementation). Recognized training includes that provided by Behavioral Tech (eg a DBT Intensive™ training), an International Affiliate of Behavioral Tech, or a training organisation associated with the Linehan Institute. Please contact us if you're unsure.
- 2) participants are currently members of their DBT program's consultation team. Typically, at least half of the current team will have completed the comprehensive DBT training.
- 3) participants will continue learning DBT with a mentor. The mentor will be an active member of the consultation team and support the participant through the foundational training and its associated tasks.

Preparation & Training Requirements

Please note that DBT Foundational training is a rigorous program (similar to an advanced university course of study) intended to provide the necessary basic skills to provide a complex treatment to persons with complex problems. A significant amount of dedicated time beyond the scheduled instruction time is required for successful completion. We estimate that participants should plan for 2 hours of additional time for each hour of scheduled instructional time over the course of the training to complete the readings, homework tasks, and post-training assessments required for successful completion. Specific time estimates can be found in the details for the modules contained in the training.

Participants are asked to reserve time and dedicate mindful attention to the training tasks; in essence to engage in the training in the spirit of the DBT mindfulness skill of "one-thing-in-the-moment". This requires time uninterrupted by mobile phones and regular work duties.

Readings, Homework, and Examination

Reading assignments are designed to ensure complete reading of the primary DBT texts. Participants should read the primary texts prior to the training and complete all additional reading before the homework completion due date. Homework assignments are designed to strengthen the clinical application of DBT and are completed in the months following the week of didactic training. A final knowledge test is required upon completion of the training with the primary purpose being to solidify learning.

Cancellations and Substitutions

Due to the comprehensive nature of this training, there are no cancellations available.

A colleague in the same consultation team (who meets the eligibility criteria) may be substituted at no extra charge if we are notified at least 5 business days before the training.

Study Resources

Readings for the DBT Foundational Training

This list includes readings that are required for comprehensive training (Foundational or Intensive) in DBT. Each DBT provider should have a personal copy of the primary texts. Bold text corresponds to the abbreviations for the pertinent readings for each module.

1. Primary texts required for DBT training

- Linehan, M. M. (1993). Cognitive-behavioral treatment of borderline personality disorder. Guilford Press.
- Linehan, M. M. (2015). DBT **Skills** Training **Manual** (2nd ed.). The Guilford Press.
- Linehan, M. M. (2015). DBT **Skills** Training **Handouts** and Worksheets (2nd ed.). The Guilford Press.

2. Additional texts/articles required for comprehensive DBT training

- Sayrs, J. H. R., & Linehan, M. M. (2019). DBT teams: Development and practice. The Guilford Press.

3. Behaviour Therapy (At least one)

- Farmer, R. F., & Chapman, A. L. (2016). Behavioral interventions in Cognitive Therapy: Practical guidance for putting theory into action (2nd ed.). American Psychological Association.
- Heard, H. L., & Swales, M. A. (2016). Changing behavior in DBT: Problem solving in action. Guilford Press.
- Pryor, K. (2002). Don't shoot the dog: The new art of teaching and training (Revised edition). Ringpress Books Ltd.
- Ramnerö, J., & Törneke, N. (2008). The ABCs of human behavior: Behavioral principles for the practicing clinician. New Harbinger Publications.

4. Exposure Procedures (At least one)

- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2019). Exposure therapy for anxiety: principles and practice (2nd ed.). The Guilford Press.
- Foa, E. B., Chrestman, K. R., & Gilboa-Schechtman, E. (2008). Prolonged exposure therapy for adolescents with PTSD: Emotional processing of traumatic experiences (Therapist Guide). Oxford University Press.

6. Specific chapters required for adaptations of DBT

- Dimeff, L. A., Rizvi, S. L., & Koerner, K. (2021). Dialectical Behavior Therapy in clinical practice: Applications across disorders and settings. The Guilford Press.

7. Supplemental Readings

- Aitken, R. (1982). Taking the path of zen. North Point Press.
- Barlow, D. H. (Ed.). (2007). Clinical handbook of psychological disorders (5th ed.). The Guilford Press.
- Craske, M. G., Treanor, M., Conway, C. C., Zbozinek, T., & Vervliet, B. (2014). Maximizing exposure therapy: An inhibitory learning approach. Behaviour Research and Therapy, 58, 10–23.
- Feil, N., & de Klerk-Rubin, V. (2003). V/F validation: The feil method, how to help disoriented old-old. Edward Feil Productions. ISBN 1-878169-00-9
- Foa, E. B., Hembree, E., & Rothbaum, B. O. (2007). Prolonged exposure therapy for PTSD: Emotional processing of traumatic experiences therapist guide (Treatments That Work). Oxford Press.
- Linehan, M. M., & Schmidt, H. (1995). The dialectics of effective treatment of borderline personality disorder. In W. O. O'Donohue & L. Krasner (Eds.), Theories in Behavior Therapy (pp. 553-584). American Psychological Association.
- Linehan, M. M. (1997). Validation and psychotherapy. In A. C. Bohart & L. S. Greenberg (Eds.), Empathy reconsidered: New directions in psychotherapy (p. 353–392). American Psychological Association. <https://doi.org/10.1037/10226-016>
- Rathus, J. H., & Miller, A.L. (2015). DBT Skills Manual for Adolescents. The Guilford Press.
- Rizvi, S. L. (2019). Chain Analysis in Dialectical Behavior Therapy. The Guilford Press.
- Swales, M.A. (Ed.). (2019). The Oxford Handbook of Dialectical Behaviour Therapy. Oxford University Press.